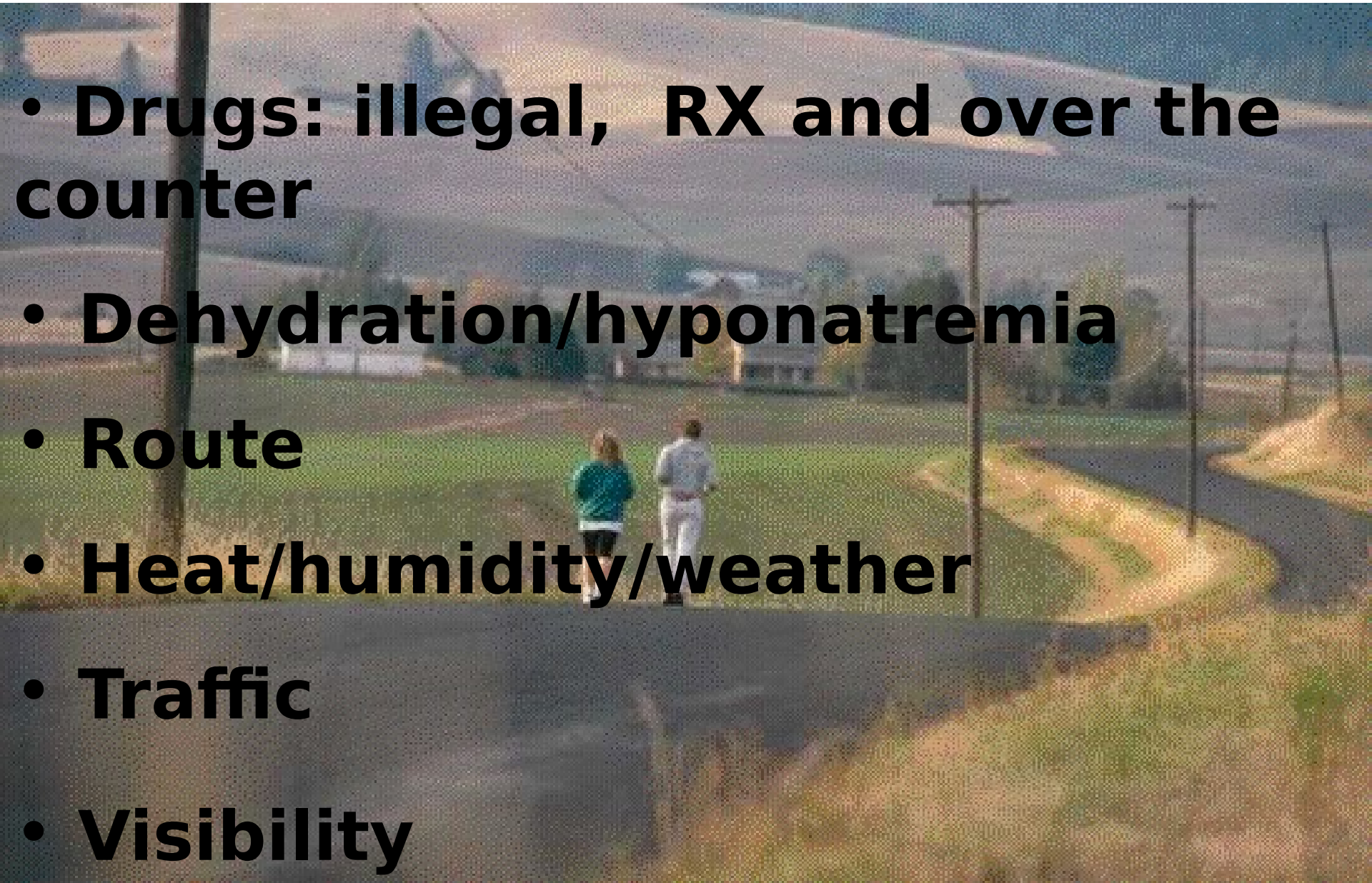
SCENARIO - PHYSICAL TRAINING (PT)

Updated 2/04

STEP 1 - IDENTIFY HAZARDS



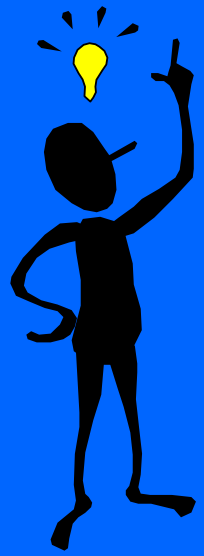
- Drugs: illegal, RX and over the counter
- Dehydration/hyponatremia
- Route
- Heat/humidity/weather
- Traffic
- Visibility

STEP 2 - HAZARD ASSESSMENT

Hazards	Risk Assessment
Drugs: illegal, RX/over the counter	Serious (2)
Dehydration/hyponatremia	Serious (2)
Route	Moderate (3)
Heat/humidity/weather	Serious (2)
Traffic	Moderate (3)
Visibility	Serious (2)

STEP 3 - MAKE RISK DECISIONS

Hazards	Risk Assessment
Heat/humidity/weather	Serious (2)
Drugs: illegal, RX/over the counter	Serious (2)
Dehydration/hyponatremia	Serious (2)
Visibility	Serious (2)
Route	Moderate (3)
Traffic	Moderate (3)

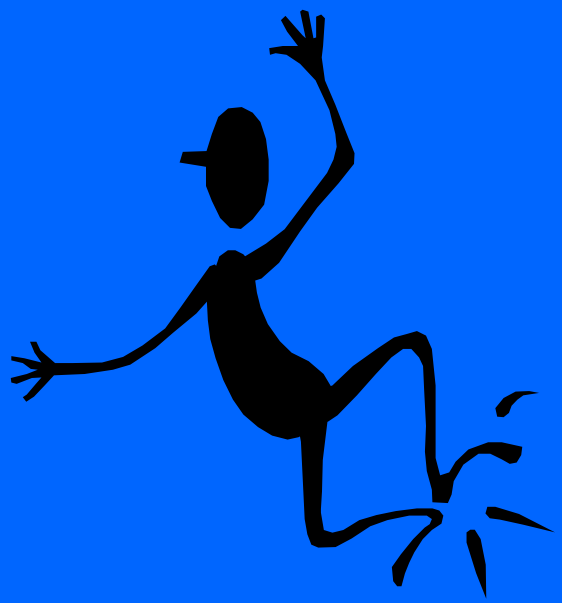


STEP 4 - IMPLEMENT CONTROLS

Hazards	Controls
Heat/humidity/weather	PT Early AM/ late PM, indoors, delay/lightning, acclimatization
Drugs: illegal, RX/over the counter	Personal accountability
Dehydration/hyponatremia	Fluids at proper level

STEP 4 - IMPLEMENT CONTROLS

Hazards	Controls
Visibility	Reflective gear/light colored clothing
Route	Stay on sidewalk/open trail, allow extra time
Traffic	"Off" traffic time, run against traffic, no head sets



STEP 5 - SUPERVISE

» Personal accountability

» Monitor changes and allow for adjustments

- weather
- surface conditions
- overexertion
- visibility

ACTUAL MISHAP

- TEMPERATURE 83 DEGREES
- 23 YEAR OLD CPL BEGINS A 4 MILE RUN……